



# Flow Yoga at the CERC

*Beginning April 13, 2019!*

**Saturdays**

**9:00 am to 10:00 am**

Vinyasa Flow Yoga links breath with a sequence of postures. This class will focus on basic alignment and awareness of the breath while maintaining movement. A flowing practice can build heat and have energizing effects.



**Saturdays**

April 13, 20, 27

May 4, 11, 18

9:00 am to 10:00 am

**\$40 for Session**

**or**

**\$8 per class**

**Instructor  
Amy Pohja**

**CERC**

520 W South Street  
Hastings, MI 49058

**(269) 948-4414**

[www.hasscerc.weebly.com](http://www.hasscerc.weebly.com)